



# "Weigh to Go"

Do you know that there has been a tremendous increase in childhood obesity within the last 10 years not only nationally but also in Kentucky? The Commonwealth of Kentucky is very concerned because obesity causes our children to become at risk for other diseases such as diabetes and heart disease later in life. Here are some simple suggestions on how you may help prevent your child from being at risk in becoming overweight.

Volume 1, Issue 2

January 2006

## Eat Together and Play Together



- Take frequent walks or bike rides with your child.
- Do not force your child to eat everything on their plate.
- Take a trip to the local park to play with your child.
- Eat meals together as a family at the kitchen table with the television turned off.
- When eating at fast food restaurants encourage your child to order small portions, consider a salad.
- Encourage your child to drink cold water, 100% fruit juice (up to 6 ounces a day) or 1% nonfat milk (**children between 12 to 24 months are recommended to drink whole milk**) instead of soft drinks.
- Insist your child to become active in physical activity instead of watching television or playing computer games.

Always remember as a parent you are a role model and being a good role model for your child is the easiest way to help them become more active

**Remember families that play together stay fit together!**

### **FUN physical activities for your child to try:**

- ☺ Riding a bike
- ☺ Climbing on a jungle gym
- ☺ Swinging on a swing set
- ☺ Jumping rope
- ☺ Playing hopscotch
- ☺ Bouncing a ball
- ☺ Swimming
- ☺ Dancing to music

### **Inside this issue:**

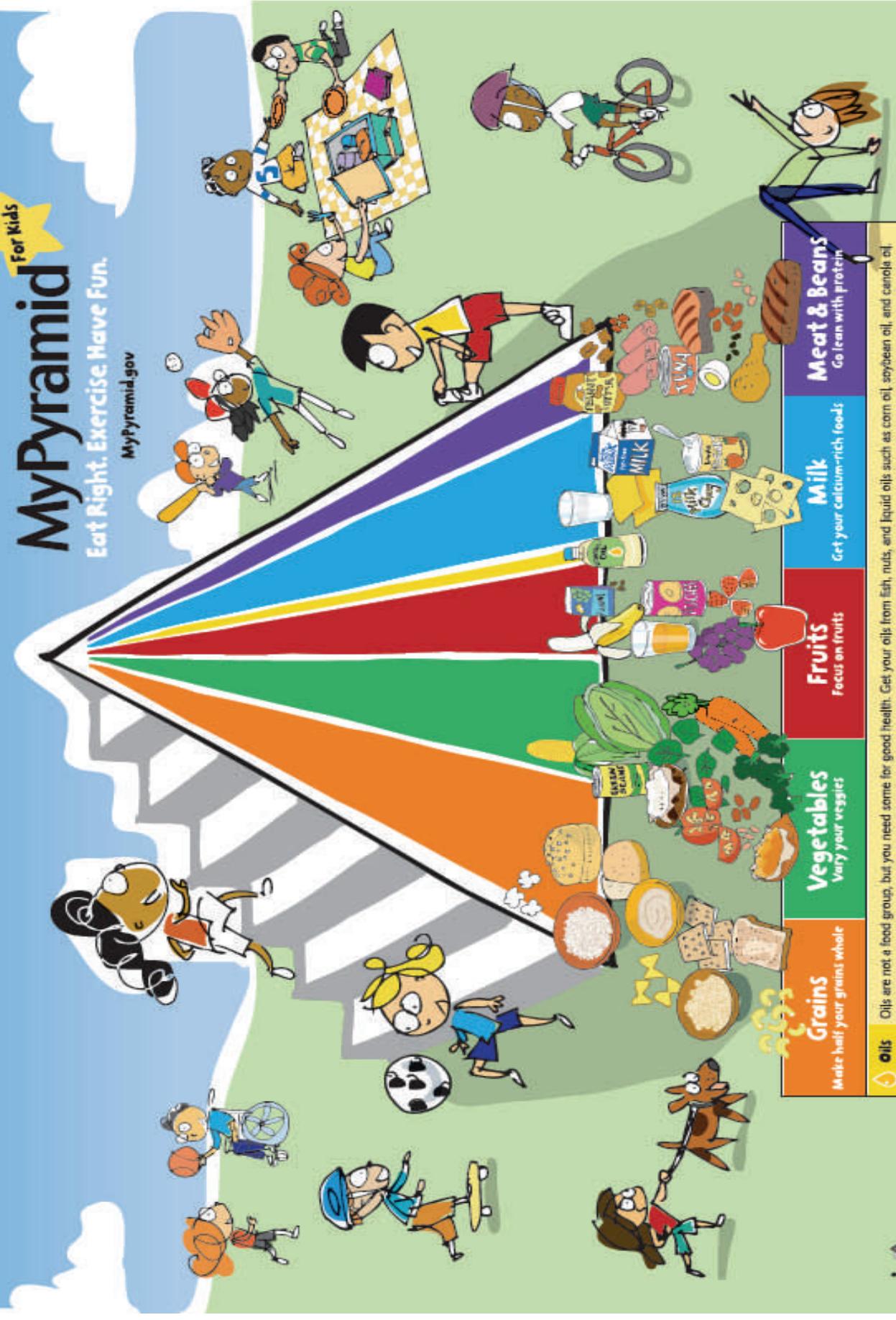
MyPyramid for Kids	2
Tips for Families	3
Healthy Snacks	4



# MyPyramid

Eat Right. Exercise. Have Fun.

MyPyramid.gov



"Weigh to Go!"

Fats and sugars—know your limits

Find your balance between food and fun



U.S. Department of Agriculture  
Food Safety and Inspection Service  
Food Quality Protection Service

# TIPS EAT RICH

## EAT RICH FAMILIES



### EXERCISE

**1 Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.

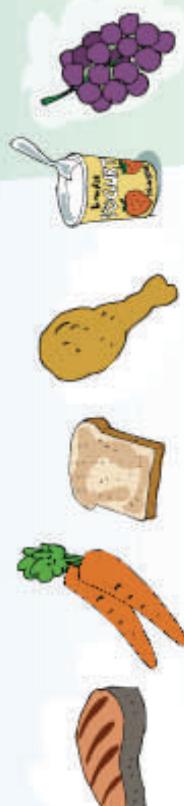
**2 Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes. **3 Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.

**4 Get your calcium-rich foods.** To build strong bones serve lowfat and fat-free milk and other milk products several times a day.

**5 Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.

**6 Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.

**7 Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.



**1 Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.

**2 Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at [www.presidentschallenge.org](http://www.presidentschallenge.org).

**3 Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.

**4 Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.

**5 Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.

**6 Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.

**7 Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

**HAVE FUN!**



Cabinet for Health and Family Services  
Department for Medicaid Services  
Medical Management and Quality Assurance  
275 E. Main Street, 6C-C  
Frankfort, Kentucky 40621

We hope you will take part in this program. If you choose not to take part in the program please call 1-888-564-3476 and leave the following information:

- Full Name
- Medicaid Number
- Date of Birth
- Phone number and address
- Reason for not taking part

## Healthy snack foods for your child to try

- Fresh fruit
- Fruit canned in juice or light syrup
- Low-fat yogurt with fruit
- Small amounts of dried fruits such as raisins, apple rings, or apricots
- Fresh vegetables such as baby carrots, cucumber, zucchini, or tomatoes
- Reduced fat cheese or a small amount of peanut butter on whole-wheat crackers
- Graham crackers, animal crackers, or low-fat vanilla wafers



*Foods that are small, round, sticky, or hard to chew, such as raisins, whole grapes, hard vegetables, hard chunks of cheese, nuts, seeds, and popcorn can cause choking in children under age 4. You can still prepare some of these foods for young children, for example, by cutting grapes into small pieces and cooking and cutting up vegetables. Always watch your toddler during meals and snacks.*

*This information is for educational purposes, it is not intended to replace medical advice from your healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.*